Statement of Purpose:

Spiral Praxis is a bodymind modality that can help people learn about the potentialities of their internal functioning through awareness. Based on universal somatic principles, Spiral Praxis involves a practical and creative exploration of the human learning process. With training practitioners of Spiral Praxis can learn to self-direct many internal bodymind processes including: (1) releasing physical, mental and emotional blocks; (2) re-pattern somatic and energetic flow; (3) apply internal flow techniques to excel in everyday activities; (4) reach states of holistic resonance or flow. The original methodology of Spiral Praxis involves a wide range of systematic interventions — in bodywork, guided meditation, explorative movement, flow patterning, sensory modulation, mental imaging, and breath work — which together represent a new paradigm in somatic exploration not taught anywhere else in the world.

The Spiral Praxis Advanced Studies Program aims to provide an in-depth professional somatic training curriculum that prepares students to teach the philosophy and practice of internal bodymind self-direction. Because Spiral Praxis works on the fundamental process of human learning itself, the applications of its methods can be used in many diverse human activities. Practitioners of Spiral Praxis are encouraged to creatively direct their training to potentially help people in various areas of somatic practice including:

- to provide rehabilitation services to people who suffer from chronic pain
- to help people learn how to make their own postural and ergonomic adjustments
- to help people re-educate their physical/cognitive/emotional patterns
- to help people extend their inner awareness and thus empower them
- to help people who wish to excel in traditional bodymind activities such as meditation, pranayama, yoga
- to help people who wish to excel or improve their efficiency in athletics
- to help people who wish to expand the limits of their bodymind potentiality & creativity
The Spiral Praxis Advanced Studies Program is currently co-directed by originators Yuji Oka and Stephanie Gottlob at the Spiral Movement Center (SMC) located in Toronto, Canada. SMC is dedicated to disseminating contemporary bodymind perspectives to people from all walks of life around the world. Within day-to-day activities, SMC provides injury rehabilitations services, classes, and workshops for people interested in modern bodymind techniques. SMC also is attempting a long-term project of providing internet access to bodymind information through their website at www.spiralpraxis.org. Through SMC, certification programs, workshops, and education materials, Gottlob & Oka’s vision is to raise more awareness of the efficient and powerful internal technology that somatic practice can have in empowering people to find greater health, happiness and balance in an rapidly changing modern world.

The core PRINCIPLES of the Spiral Praxis Advanced Studies Program:

**BODYMIND SAFETY**
All somatic educators must present their teaching safely—they must always receive consent to apply treatment techniques, maintain confidentiality, and never put a client’s well-being at risk.

**UNIVERSAL BODYMIND**
All bodymind exploration is the result of careful observation of human internal experience. Although the quality of this awareness may differ from individual to individual, we conduct our studies with the belief that this internal awareness is universal—all human beings share similar experiences.

**SELF—DIRECTION**
We agree that human beings have the power and responsibility to self-direct their lives, both internally and externally. Thus our somatic investigations must be coherent, orderly, and enacted from a base of solid somatic principles and a self-motivated will. Occult thought, religious dogma, and other mystical tendencies will not be permitted in this program.

**COLLABORATIVE FLOW**
Somatic practice involves the recognition of our universal human being-ness and awareness. We will strive to work together and with others in harmonic flow, as professionals, as individuals, and as a community. Every human being is a center for other human beings to collaborate and interact with.

**CREATIVE EMBODIMENT**
“Praxis” is derived from the Greek word—to daily embody one’s knowledge. We believe this is the underlying meaning of Somatic study. Practitioners of Spiral Praxis must experience first-hand somatic interventions and learn how to use them in their own lives before they can teach others.
Spiral Praxis Advanced Studies Program Outline

The Spiral Praxis Advanced Studies Program is a 3-tier professional development curriculum:

- **Level 1 PERSONAL DEVELOPMENT (300 hours)**
  This phase of training is devoted to learning the basic concepts and methodology of Spiral Praxis. A significant portion of this training is devoted to experiential exploration. Trainees are encouraged to find their personal doors of connection to the work as well as to maintain and complete a personal embodiment project.

- **Level 2 SOMATIC EDUCATOR (300 hours)**
  This phase of training is devoted to more technical areas of somatic practice. Trainees will learn anatomy, bodywork, alignment analysis, advanced reflex and flow patterning work, as well as the basics of practice management and administration. Students will also be expected to do internship and personal fieldwork activities. With successful completion of this phase—in addition to a personal embodiment project—trainees will be awarded a Somatic Movement Educator Certificate.

- **Level 3 SPIRAL PRAXIS PRACTITIONER (200 hours)**
  This phase of training is devoted to specialization in a particular aspect of Spiral Praxis. Most of this program is undertaken independently through personal fieldwork, internship, and mentoring. Practitioners will be expected to be highly competent in their area of specialization and be able to apply Spiral Praxis techniques to a wide range of studio situations and clientele.

As can be noted by the curricular structure, a great deal of training emphasis is placed on practitioners being able to experience and embody their bodymind knowledge. Students devote roughly 1/6 of their training hours in maintaining a vigorous home practice. Thus the Spiral Praxis Advanced Studies Program requires a deep somatic commitment and can potentially become a life-changing course of study. Students who complete the whole program can expect their personal foundation to fully prepare them for the rigors of a life as a professional somatic practitioner.

**Typical Classroom Session**
Most Spiral Praxis sessions will vary between 2-5 hours, depending on the choice of study format. Sessions normally consist of a preliminary theoretical outline, experiential activities, free discussion and potential professional application. We place a strong emphasis on creatively solving problems which arise during post-activity discussions as well as looking for avenues of individual progress and insight. All activities will be taught by Stephanie Gottlob & Yuji Oka, founders of Spiral Praxis.
Curricular Requirements & Breakdown

The SPASP is a developmental program that attempts to give potential somatic practitioners a strong base of somatic knowledge and experience. The requirements and expectations for each level of study are quite different than the level preceding it.

• Level 1 study is appropriate for those wishing to become personally familiar with Spiral Praxis philosophy and techniques.

• Level 2 study is appropriate for those who wish to excel at Spiral Praxis or who wish to create or augment their somatic practice.

• Level 3 Study is reserved for those who wish to specialize in a particular area of Spiral Praxis.

Because the SPASP is based on an original and cumulative paradigm of somatic learning, even experienced somatic practitioners are required to take the courses in sequence.

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Note: The teaching process in Spiral Praxis is a cumulative, experiential process where new concepts are constantly introduced and old concepts constantly revisited. Therefore, the outline presented below represent curricular milestones of progress rather than a linear timeline. Students will be provided with daily worksheets as well as in-class performance challenges to ensure that they have absorbed the materials.

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LEVEL 1: PERSONAL DEVELOPMENT

Stage 1: Introduction to Spiral Praxis (100 hours)

Spiral Praxis encompasses a study of all internal perceptions of the human body mind. In this early phase of study, we introduce the fundamental concepts of Spiral Praxis and show how these fluid dynamic principles permeate bodymind processes. Students are encouraged to observe the flow of their awareness through diverse experiential activities that include movement, meditation, breath work, internal flow patterning, and other fundamentals of bodymind self-direction. The focus is on guided explorations, free discussion and discovering spontaneous doors of insight.

Curricular Milestones:

<table>
<thead>
<tr>
<th>4 levels of awareness</th>
<th>Introduction to the 4 developmental levels of awareness and how human beings use these levels to construct internal conscious reality. Class participants will learn how to recognize their internal strengths. They will explore the hierarchy of awareness as it manifests in nature, in personal life and in society at large.</th>
</tr>
</thead>
<tbody>
<tr>
<td>interval of awareness</td>
<td>Introduction of very simple meditative exercises to create intervals of awareness, the basic building block of Spiral Praxis. We discuss dialectical concepts (i.e. flowing in/flow out, closed/open, definite/indefinite) as preliminary steps towards a dynamic, multi-dimensional perspective of human awareness.</td>
</tr>
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</table>
basic reflexes

Introduction to the bodymind parameters which allow us to modify our internal perceptions. The first basic reflexes (i.e. etherizations, energy pitch modulations, fragmentations, minimum initiations) are those which are involved in the first phases of the learning process. Students will use these reflexes in physical and mental meditations.

primary activities

Introduction to fundamental bodymind activities to create a smooth, steady flow. Primary activities range from simple movement activities to simple meditation activities. Each activity is designed to deepen the student’s ability to maintain an interval of awareness and observe the subsequent experiences of flow.

free improvisations

Introduction to free improvisations to help students differentiate between conditioned bodymind patterns and free flow. Improvisations are performed over a wide range of modalities including speech, massage, movement, thought, and so on.

Stage 2: Introduction to Basic Methodology (100 hours)

In this stage, students begin to learn how to apply Spiral Praxis concepts to actual bodymind challenges that might arise in yoga, meditation, athletics, breathing, and other physical activities. Foundational Spiral Praxis concepts as described below are introduced for this purpose. Students are encouraged to start a personal embodiment project and apply the concepts to progress within it.

Curricular Milestones:

| spiral forms | Students become familiar with basic spiral forms and meditate on their properties using models and observations in nature. Spiral forms are contrasted against classical geometrical forms (straight lines, circles, points). Study & discussion of how spiral forms mirror the organic developmental process and how they can creatively alter our way of seeing things. |
| bodymind hierarchy | Spiral Praxis employs a developmental fractal model of the human form which is very useful for postural analysis as well as a diagnostic tool for injury rehabilitation and ergonometic consultation. Students learn how to see the bodymind within “zones” of flow and recognize patterns which are useful for different activities. |
| internal flow patterning | Flow patterning is the movement of human awareness within the bodymind. Students learn how these awareness flow patterns can change the quality of our internal processes—i.e. of pain, of movement, of emotion, of thought. We encourage students to apply internal flow patterning towards their personal embodiment project and to look for concrete and replicable gains in putting their learning on a solid foundation. |
| intermediate reflexes | Students learn more advanced reflexes that are necessary to help in the intermediate stages of learning where a person needs when embodying a skill. Intermediate reflexes (i.e. self-opposition, progressive, sequential, teardrop, etc) are helpful to solve issues of strength, flexibility, co-ordination as well as to center states of being. |
Stage 3: Creative Application (100 hours)

In the final stage of the first level, Spiral Praxis students learn how to creatively use their knowledge and attempt to apply it in the broader activities in life. In Spiral Praxis, this is the first step to understanding the universal character of bodymind principles and how they underlie our experience of the world. Students will present their personal embodiment projects and attempt to draw connections to future goals. Time will also be taken to study the process of creativity through dance, modern art, and by examining the on-going states of flow resonance that students have been experiencing through reflex work.

Curricular Milestones:

<table>
<thead>
<tr>
<th>SPIRAL DANCE</th>
<th>Students will have the opportunity to study spiral dance technique, a continuously oscillatory dance form which was the original inspiration for Spiral Praxis. Through Spiral Dance, students review and physicalize the concepts they have learned in order to reach deeper states of flow resonance.</th>
</tr>
</thead>
<tbody>
<tr>
<td>CREATIVE APPLICATION</td>
<td>We encourage students to generalize learning from their personal embodiment projects to other areas of interest in their lives. The universal flow dynamics that exist in all levels of human awareness and activity can be self-directed to make future goals clearer and more tractable.</td>
</tr>
<tr>
<td>CREATIVITY STUDY</td>
<td>Class discussions will focus on innovative processes undertaken by modern artists of the 20th and 21st century. These artistic visions mirror the spirit of contemporary bodymind exploration in that all perceptual and conceptual phenomena become creative events. The practical importance of this approach in our modern lifestyle will be analyzed and discussed.</td>
</tr>
<tr>
<td>FLOW RESONANCE</td>
<td>Examination of the experience and meaning of flow resonance states. Students share their experiences of overcoming blocks-in-flow and of reaching new, open areas of exploration.</td>
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LEVEL 2: SOMATIC EDUCATOR (300 hours)

Stage 1: Introduction to Methodology and Praxis (100 hours)

The first stage of the Somatic Educator Level 2 is immediately geared towards obtaining a technical foundation for somatic practice that will be applied all year long. Students will review Level 1 concepts and be introduced to thinking/feeling concepts that are important to somatic psychology. We will also teach introductory bodywork techniques. Students will be requested to maintain a home yoga practice or other physical activity for technical experimentation. Homework will include keeping a log of all activities as well as a “map” of techniques.
Curricular Milestones:

<table>
<thead>
<tr>
<th>REVIEW OF SP CONCEPTS</th>
<th>Re-introduction of level 1 curriculum that students will see as a “map” of principles and techniques. This mapping model will allow students to continually update their theoretical knowledge of Spiral Praxis throughout their study.</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANATOMY I</td>
<td>A technical &amp; experiential introduction to the sensory and organic systems through the lens of the Bodymind Hierarchy. Emphasis will be placed on relevance to bodywork, experiential activities and safety.</td>
</tr>
<tr>
<td>THINKING/FEELING I</td>
<td>Introduction to somatic psychology principles as well as a diverse range of basic thinking/feeling techniques which may aid in overcoming mental blocks and improving cognitive/emotional functioning. Students learn the model of conscious/unconscious communication which lies at the heart of Spiral Praxis.</td>
</tr>
<tr>
<td>BASIC SP BODYWORK I</td>
<td>Introduction to the innovative technical and aesthetic aspects of SP bodywork. Students will learn the basics of active/passive manipulation, body aligning, use of different touch textures, use of different flow structures (i.e. random, ordered, variation) to bring clients to various depths and states of awareness.</td>
</tr>
<tr>
<td>HOME PRACTICE</td>
<td>Students are required to have a home practice in yoga, breathing, fitness, or another kind of physical activity. This practice will serve as a marker for future progress, experimentation and insight.</td>
</tr>
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</table>

**Stage 2: Applied Methodology and Praxis (100 hours)**

This phase of training involves increased emphasis on the applications of Spiral Praxis in group teaching, bodywork, and private sessions. We will gear much of the classwork to the structure, analysis, and creative problem-solving process of such situations. Students will use their personal progress as well as examples from their own extracurricular projects for classroom discussion. The curriculum will also introduce advanced learning reflexes used in Spiral Praxis to help students accelerate the process of embodiment.

Curricular Milestones:

<table>
<thead>
<tr>
<th>THINKING/FEELING II</th>
<th>Study of more advanced concepts in thinking/feeling including memory, concept patterning, emotion patterning, awareness nesting, and creativity.</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADVANCED Reflexes</td>
<td>The groundwork is laid for a more sophisticated perspective on reflex praxis. Students will learn techniques such as nesting, symmetrization, superposition, home-basing, and other advanced reflex constructions. They will be expected to apply these techniques to their home practice on an on-going basis.</td>
</tr>
<tr>
<td>ANATOMY II</td>
<td>Students will go over a diverse range of functional relationships that can be explored through the Spiral Praxis Bodymind Hierarchy model. Time will be spent working with physical alignment, symmetrical flow patterns within the body, relationships of organ systems to states of being, movement analysis, and other clinically important areas.</td>
</tr>
</tbody>
</table>
BASIC SP BODYWORK II

Covers introductory methods to deal with injury rehabilitation & prevention, postural inefficiencies, motor-reeducation, ergonomic adjustments, and fitness training. Students will have the opportunity to intern actual Spiral Praxis sessions and are assigned to try out the techniques in their own extracurricular projects.

EXTRACURRICULAR PROJECTS

Students are required to spend 2 hours/week outside course hours to work on volunteer clients of their own using specified techniques from classes. Reports for each of their private sessions must be submitted for review.

Stage 3: Teaching and Somatic Practice (100 hours)

The final stage of Level 2 training focuses on the practical implementation of a somatic class or practice. Students will be given basic templates to deal with various individual or groups situations. Students will also be given opportunities to lead class activities and to discuss real-life situations they may encounter. All participants will have to write a final journal summary of their experiences, pass a final practical exam, and have successfully submitted all required homework to receive their certification as a Somatic Movement Educator.

THINKING/FEELING III

Explorations in reaching flow resonance states of thinking/feeling. Study of how thinking/feeling concepts can be applied to classroom and private sessions.

BASIC SP BODYWORK III

We will present templates for different treatment scenarios. Students must continue to work on volunteer clients and submit reports and sample treatment plans. For successful graduation, students must display competence with basic bodywork techniques.

TEACHING & MANAGEMENT

Teaching strategies for group and private instruction are discussed. Class structure, planning and recording will be topics of emphasis. Issues of administration, marketing and networking will also be covered as well as ISMETA Code of Ethics, Scope of Practice and Standards of Practice. Students will have the opportunity to lead activities during classroom hours.

FINAL PRACTICUM

Students are required to submit a final journal summary and pass a final practicum which will cover essential somatic topics. They must also demonstrate that they have performed all necessary projects, homework, and have kept an updated map of techniques.

LEVEL 3: SPIRAL PRAXIS PRACTITIONER (200 hours)

To become a certified Spiral Praxis Practitioner a student must choose an area of specialization and work under supervision with the Spiral Movement Center to obtain their certification. The 200 hours is roughly evenly split between mentoring (on-site and potentially online) and independent study. Students who pursue a Spiral Praxis Certification must demonstrate that they possess (1) exceptional command of study concepts and materials; (2) are able to effectively work with private clients and group situations; (3) and demonstrate an ability to do creative independent research on their own. Specific arrangements for the certification process must be worked out on a case-by-case basis.
The Nuts and Bolts of Application & Attendance for SPASP

Application Process
The Spiral Praxis Advanced Studies Program is a rigorous, intensive educational program that is designed for students who show exceptional interest, ability or passion for bodymind exploration. Prospective applicants are required to provide a summary of their educational and/or professional experience in somatics—this includes school courses, work experience, and personal development (i.e. in yoga, meditation, research, dance, art, etc). What we are looking for is not solely a high degree of aptitude or breadth of experience but rather a strong interest and commitment to somatic practice as a way of life.

Candidates are also required to send in a 2 page essay which highlights personal background, explains their interest in entering the Spiral Praxis Advanced Studies Program, and details how they might use this material in their future pursuits. Upon receipt of this materials, candidates will then be invited to an interview (either by Skype or at SMC) to discuss their application. All applications must be submitted at least two weeks before the program start date.

Delivery Format
The SPAPS is delivered in two different program models. Prospective students may choose between either format:

- The first model is based on a 10 week model that will be held over fall, winter, and spring trimesters. The teaching schedule includes 2 hours of instruction on Tuesday and Thursday and 3 hours of instruction on Saturday. The remaining two hours are fulfilled by a required home practice. Exact days may vary from year to year. The 2013 SPAS program begins October 7th.

- The second model is based on a 10 week summer intensive in which students would do 30 hours of study a week Monday-Friday. The hours would include 5 hours of study each day plus out-of-class and week-end workshops for the additional hours. The 2014 SPAS summer program is tentatively scheduled for late June.

Although there are no curricular differences between the two formats, participants in the year-round model have more time to experiment, digest and implement material. Therefore it is strongly suggested that students choose this model if they feel they require time to absorb somatics material
**Attendance Requirements**

The SMC Advanced Studies program consists of a 3 hour weekend workshop and two weekly 2 hour evening sessions. These sessions will consist of a combination of lectures, experiential activities, and creative explorations. Sessions will be directed in large part by individual needs and discoveries; therefore, discussion and feedback during sessions will play a crucial role in the learning process. Students will be required to have a strong home practice and bring personal observations of their successes and difficulties to the sessions.

Participants are required to attend all classes. If a class is missed due to an emergency those hours must be made up in a timely manner at a later date. Students will be evaluated on an ongoing basis for their understanding of bodymind theory and its effective applications through weekly assignments. Failure to keep regular attendance or to do assigned activities will eventually result in expulsion from the program.

**Fee & Payment**

The tuition for Level 1 of the Advanced Studies is $7200 (including HST). This fee can be paid as a lump sum or in installments at the beginning of each trimester. If a students decides not to continue for whatever reason, he/she will be reimbursed for the hours that month that he/she did not attend classes. Two week advanced notice is required for cancellation. Prices are subject to change at the beginning of each school year. Financial aid is available for strong candidates as well as those in need. Please let us know during the application process whether you will be seeking financial aid to facilitate the intake process.

**Instructors**

All courses will be taught by Yuji Oka & Stephanie Gottlob, founders of Spiral Praxis.